



TAKE CARE OF YOUR HEALTH



A 6 week Chronic Disease Self-Management Workshop Series

If you have a chronic condition such as arthritis, heart disease, osteoporosis, or diabetes, please join us!

Join us and learn techniques to:

- Manage symptoms like stress and depression.
- Get started with health eating and exercise.
- Communicate effectively with your doctor.
- Manage fear, anger and frustration.
- Make daily tasks easier.

Participants will receive:

- A free book
- Incentives
- Completion Certificate

Session Dates

Friday, October 13, 20, & 27
Friday, November 3
Monday, November 6
Friday, November 17

12:30 pm – 3:00 pm

Alliance Center for Independence
629 Amboy Avenue, Suite 104
Edison, NJ 08837

To Register, call **732-738-4388**,
or email lkoppisch@adacil.org.

